Daily Routines

Introduction

Many or us follow a daily routine stay organized and keep on track throughout the day. Activities that you do every day, usually at the same time form a daily routine. Our routines are often similar. We wake up, get dressed, and eat breakfast before going to work or school. During the day, people often have regular tasks to carry out, like checking emails, attending classes, or doing chores at home.

Some people like to take a short break, when they go for a walk, take a nap, or enjoy a snack. When we return home, most of us like to relax. Most of us have dinner or supper, then relax and perhaps spend time with our family or friends.

Most weekday evenings people begin to prepare for the next day. The evening routines can include cleaning up, packing or planning for the following day. Many people prefer to enjoy quiet activities in the evening like listening to music, watching tv or talking with loved ones. Ours daily routine help us to focus, feel calm and organized and ready for upcoming events.

Part 2 Vocabulary List

- routine — the usual order of activities a person does regularly
- wake up — to stop sleeping and open your eyes
- get dressed — to put on your clothes
- pack (a bag) — to put things into a bag to take with you
- bus ride — a trip on a bus
- cafeteria — a place in a school or office where you can buy and eat food
- homework — schoolwork that students do at home
- organised — having things arranged neatly and in order; good at planning
- stressed — feeling worried or anxious because of too many problems
- sleep in — to wake up later than usual
- spend time — to use your time doing something or being with someone
- weekday — any day from Monday to Friday
- weekend — Saturday and Sunday
- break — a short period of rest from work or study
- leisure — free time when you are not working or studying

Daily Morning Routine Before Leaving Home

1. Describe your morning routine? What are the first few things you do every morning?
2. What time do you get up during weekdays? When do you get up on the weekend?
3. What do you usually have for breakfast? Who prepares breakfast in your home?
4. If you could change one thing about your early morning routine?

Morning Routine

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Daily Routines

5. What time do you usually leave home? Why do you leave at that time?
6. How do you get to your destination? Do you always travel the same way?
7. Have you ever been late? What do you do if you are running late?
8. What do you do first when you arrive at your work or school?
9. Name some advantages/disadvantages of having a morning routine
10. Does your morning routine ever get interrupted? How can you get back on track?

Afternoon Routine

11. What time do you like to have lunch? Can you choose your lunch time or is it fixed?
12. Describe a typical lunch. Do you prepare it at home, or do you buy it at work or school?
13. What do you do during lunch? What is the first thing you do after lunch?
14. Do you have specific classes or tasks that you have to do each afternoon?
15. How long is your typical afternoon? When do you return home?
16. Do you prefer to make your own afternoon routine or is it mostly decide for you?

Evening Routine

17. Who makes dinner or supper? When do you usually eat during the week and weekend?
18. What are some typical meals that you will have?
19. How often do you eat take out? How often do you visit a restaurant?
20. Are there any chores that you do after you eat? What are they?
21. Do you prefer to have a quiet evening at home, or do you invite friends over?
22. What are your favourite evening activities?
23. Describe your routine before you go to bed?
24. What time do you usually turn the lights out? Do you set an alarm?
25. Do you think it is a good idea to have routines? Do you prefer your life to be highly organized or do you prefer to “take things as they come?”

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